

Lehi Community Council Newsletter

January 2009

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Welcome to A Celebration of Marriage 2009 "Long and Lasting Love"

sponsored by Lehi Community Council and the State of Utah
Marriage Initiative

Date: February 13, 2009

Time: 6-10pm (Doors will open at 5:30pm)

Where: The Barn at Thanksgiving Point

Cost: \$27.50 per person/\$55 per couple if registered before
February 1st; registrations received on or later than February 1st
will be charged \$32.50 per person/\$65 per couple.

NEW: Reserve a table of 8 for preferred seating.
Call 768-2596 for details.

For Tickets Call 801-768-2596 or visit www.lehi-ut.gov/communitycouncil

The night's schedule:

6pm Dinner and entertainment

6:30 Welcome

6:40 John and Jane Covey,

"The 8 Habits of a Successful Marriage"

7:30 Dessert and entertainment

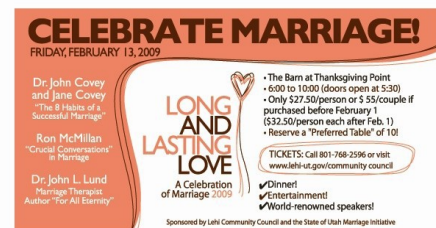
8:00 Ron McMillan, "Crucial Conversations" in Marriage

8:50 Break period and entertainment

9:10 Dr. John Lund, Marriage Therapist/Author/Professional
Speaker

10:00 Conference concludes

Enjoy A Night Out With Us And Plan To Be In "Long And Lasting Love"





Living Green in Lehi

Look for a new article each month about Living Green in Lehi . We will represent the many aspects of "GREEN" . We'll cover recycling, technology, home and garden, food and health, transportation & our positive impact on the world in which we all live.

Children & Chemicals: A Major Issue with Simple Steps toward a Solution

Watch this video for a heart-lifting moment. <http://www.seventhgeneration.com/show-whats-inside/family-health-video>

Did you know that babies are born with more than 200 man-made industrial chemicals in their blood? Did you know many of the consumer products we use, from cosmetics to foods to household products, contribute to this phenomenon?

When you look at a label on a cleaning product, do you truly understand what you are reading as well as you do when reading a food label?

Chances are, "No, I don't," is your answer. Many people are unaware of the relationship between frequently used products and our health. Seventh Generation is one of the companies that wants to change that.

A champion of ingredients disclosure, Seventh Generation recently hosted an interactive discussion on the topic of chemicals and our children. The conversation, held in mid-October at the Boston Children's Museum, featured [Jane Houlihan](#), vice president of research at the Environmental Working Group (EWG), pediatrician [Dr. Alan Greene](#), and Courtney Loveman, of Seventh Generation. It was moderated by EMMY award-winning environmental journalist [Simran Sethi](#).

Parents and caretakers, children, healthcare providers, academics, and media turned out for an engaging and informative evening. We learned very quickly that the concept of chemicals and our children is scary, but it is a problem we must recognize -- and do everything we can to solve.

Today we are excited to provide you a segmented [Web cast](#) of the event. In addition to hearing our speakers and seeing a presentation and videos, you'll be able to watch the audience question and answer portion to help address some of the concerns you're likely to have as well.

The most important takeaways from the discussion follow: According to Jane Houlihan and the [Environmental Working Group's](#) research, man-made chemicals that our bodies harbor -- otherwise known as the "body burden" -- are directly linked to the rise in birth defects, cancer, and infertility.

Additionally, the EWG research explains that even at its smallest dose, any chemical can cause an effect. Think of various medications you've taken. Even a tiny bit can have life-impacting consequences. The same can be said for dangerous chemicals in what we digest, inhale, or absorb.

Dr. Greene pointed out that manufacturers of consumer goods are not required to disclose ingredients unless they are of a certain toxicity. Additionally, many companies who list ingredients *intentionally omit* dangerous chemicals, falling back on intellectual property and confidentiality as the excuse. This is particularly frightening when you see labels boasting, "Warning!" or "Danger. Keep away from children."

Find out more: <http://www.seventhgeneration.com/learn/blog/children-chemicals-major-issue-simple-steps-toward-solution>

All Eagle Scouts who received the Eagle Rank in 2008 are invited to attend The Eagle Recognition Dinner January 28th. Contact : John Peterson at the scout office or jopeters@utahscouts.org



Eagle Scout Project Proposal

The American Legion Post 19 is looking for someone to do an Eagle Scout Project. The proposal is for a U.S. Flag Retirement Fire Ring @ the Lehi City Cemetery. The Post would like the Fire Ring functional by May, 2009. Contact: bosmus13@airwired.net

The American Legion Auxiliary is looking for spouses of current and past members to assist in reestablishing the Auxiliary. Interested parties should contact Leann Ellison at 766-2752.

Post 19 has organized a local chapter of the American Legion Riders (ALR) Program for all members of the Department of Utah American Legion, The American Legion Auxiliary, and The Sons of The American Legion. The American Legion Riders is formed to promote the aims and purposes of The American Legion as a family oriented motorcycling activity for members of The American Legion, The American Legion Auxiliary, and The Sons of The American Legion. Go to the post website and select the ALR page for information on eligibility and contact information.

For a copy of the Newsletter go to:

<http://mail.google.com/mail/?ui=2&ik=7875d42d21&view=att&th=11d78b5723cc3bfa&attid=0.2&disp=vah&zw>

The Senior Center is located in the Legacy Center at 123 North Center Street. It is open Monday through Friday from 8:30 a.m. until 3:00 p.m. **Lunches are served daily**, Monday through Friday at 12:00 noon. The suggested donation for meals is \$2.00. **Reservations for lunch need to be called into the Senior Center by noon the previous day**

Daily meals served at 12 noon (\$2 donation per meal), Monday-Friday

Transportation available upon request

Free blood pressure clinic on the first and third Wednesday of every month from 10:30 a.m. to 12 noon

Weekly craft class on Friday, 10:00 a.m. to 11:30 a.m.

Exercise equipment (stationary bike and treadmill)

Pool tables

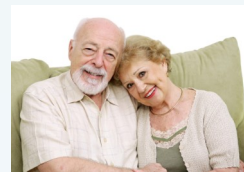
Seniors can use the Legacy Center walking track from 10:00 a.m. to 2:00 p.m. free of charge

Bingo on Tuesdays and Fridays at 11:30 a.m.

Wide screen TV, VCR, stereo and movies

Senior membership cards (\$2 per person)

Computers and computer classes with E-mail and Internet access



Foster Grandparent Program

Provides older Americans the opportunity to put their life experiences to work for local communities. Foster Grandparents serve as mentors, tutors, and caregivers for at-risk children and youth with special needs through a variety of community organizations, including schools, hospitals, drug treatment facilities, correctional institutions, Head Start and day-care centers.

Utah County Health and Justice Building

151 S. University Ave., Suite 2200

Provo, UT 84601

801-851-7784 801-343-8040 (fax)

Hours: 08:00 am - 05:00 pm Mon. - Fri. except holidays

Senior Companion Program

Provides older Americans with the opportunity to apply their life experiences to meeting community needs. Senior Companions serve one-on-one with the frail elderly and other homebound persons who have difficulty completing everyday tasks. They assist with grocery shopping, bill paying, and transportation to medical appointments, and they alert doctors and family members to potential problems. Senior Companions also provide short periods of relief to primary caregivers.



Utah County Health and Justice Building

151 S. University Ave., Suite 2200

Provo, UT 84601 801-851-7767 801-851-7766 (fax)

Prepaid Phone Cards for Our Military



SEND A PRE-PAID PHONE CARD TO A LONELY SOLDIER OVERSEAS

The holidays are over but they still serve our country... The troops defending our freedom around the world ache for the sound of a loved one's voice. That's why we - the USO - through Operation Phone Home®, buy and hand out thousands of pre-paid phone cards to our men and women in uniform.

Visit the USO website to make your donation and Support our troops in the best possible way - by helping them call their loved ones back home. <https://www.uso.org/donate/custom.aspx?id=1013&>

For our soldiers at the Front, there's no magic like the music of your child's voice on a Holiday morning... no warmth like the familiar sound of "Happy Birthday" sung by your parents or siblings... and no relief as complete as the chance to chat with a friend when you're really down. Your \$10 donation provides a GI in Iraq with 30 minutes of prepaid calls to the USA. \$20 donation buys 60 prepaid minutes. A \$100 donation: 300 minutes. Please give as generously as you can, today! Tomorrow could be too late.

Lehi Police Department www.lehi-ut.gov/police

R.A.D. SYSTEMS

The National Standard in Self Defense Education(™)

The Rape Aggression Defense System is a program of realistic self-defense tactics and techniques for women. The R.A.D. System is a comprehensive, women-only course that begins with awareness, prevention, risk reduction and risk avoidance, while progressing on to the basics of hands-on defense training. R.A.D. is not a Martial Arts program. Our courses are taught by nationally certified R.A.D. Instructors and provide each student with a workbook/reference manual. This manual outlines the entire Physical Defense Program for reference and continuous personal growth, and is the key to our *free lifetime return and practice policy* for R.A.D. graduates.

New classes start in January Enroll Now @ Legacy Center 801-768-7124 More info at <http://rad-systems.com/>

Lehi Police Dept will offer merit badge classes. Classes fill up fast so call now for 2009 sign-ups.



Please sign up for the following classes by calling 766-5800.

Dates	Class	Time
Feb. 25th.	Fingerprinting	7:00pm
March 18th.	Citizenship Community	7:00pm
April 8th.	Crime Prevention	7:00pm

All classes are held at Police Department
Location: 580 West State St. Lehi, UTAH



General Tour Information

This tour can accommodate 100 students at a time.

Cost: \$3.00 per student. \$3.00 per adult. Teacher are free.

Time commitment: Approximately 2 hours based upon group size.

Our regular tour includes the following:

[Wild West Room](#) Groups are "booked" and their picture is taken in the old jail.

[Native American Room](#)

[Pioneer Rooms](#)

[Rocks and Minerals](#)

[Fossils and Shell](#)

[Bird, Egg and Animal room](#)

A guide gives a presentation in each room as well as time for individual exploration.

Exhibits and presentations now include school curriculum for the 3rd, 4th, and 5th grades.

The Hutchings's Museum is looking Volunteers young and "older" to help out during the day.

Call 768-7180 if you are interested in being part of history !

LEHI SILVER BAND welcomes Don McGuire as the new band director. Don has a Masters of Music in Conducting from Brigham Young University. He is licensed in Utah and Idaho in secondary education and has taught school band curriculum in both Utah and Idaho. Don served as the President of IMEA District 5 where he oversaw district music activities. The Silver Band will rehearse each Wednesday from 7 p.m. until 8:30 p.m.

LEHI CHORALE welcomes Sandra Harris as the new director. Sandra previously taught music at Lehi High School and was the founder of the Encore program. She currently teaches elementary education theatre in Alpine. The Chorale rehearses on Tuesday evenings from 8:00 p.m. until 9:30 pm.

WINTER WORKSHOPS will begin on January 26th. Children's Musical Theatre classes will include Kidz (ages 4-7) Disney's Aristocats and Junior (ages 8—15) Honk! Jr. Other classes will include Arts and Crafts, Sculpture, Puppetry, Mom & Tot Music and Movement, and much more. Watch the website www.lehicityarts.org for registration.

Lehi Chamber of Commerce

The Lehi Chamber would like to Pioneer the "Be Ready Utah Emergency Preparedness Program" for the area. This FREE 12 step program is easy and enlightening for all participants. It is geared towards businesses but is open to all. Based upon attendance will determine frequency of classes, so lets fill it up! January 13th (steps 1-6) 8:00 - 9:30am, & January 14th (steps 7-12) 8:00 - 9:30am. Both classes will be held at Fox Hollow Golf Course, 1400 N. 200 E. American Fork. Please RSVP with Rose Klingonsmith at rosek@lehiareachamber.org

Any one interested in helping in the Chamber with the upcoming January Awards Luncheon, Chamber Newsletter each month, or the Be Ready Utah Program with the Chamber please let me know, many hands make for more fun and less work. rosek@lehiareachamber.org

Lehi Library <http://www.lehi-ut.gov/library/>



Fall Story Time will begin September 8th on Mondays, Tuesdays, Wednesdays, and Thursdays at 9:30, 10:30, 11:30am and 12:30pm. Everyone is welcome! No registration required. We hope that you have had a chance to visit the new **Pointe Meadow Branch** located at 2151 N. Pointe Meadow Drive (1940 W.) 471-5711.

Our hours are: Monday-Tuesday 10:00 am- 5:00 pm, Wednesday-Thursday 10:00am-2:00 pm. Closed Friday, Saturday, Sunday and Holidays.

Lehi Literacy Center <http://www.lehi-ut.gov/literacy/>

Green Eggs and Ham Breakfast



Date: January 19, 2009 (on Martin Luther King Day)

Time: 8:00 to 11:00 a.m.

Location: Lehi Legacy Center (200 N. Center St.) - Senior Citizen's Center, South Gym (for activities)

Who: All ages

Cost: Breakfast for the whole family (six people) is \$25. Individual plates are \$5 per person, and children under 4 years are \$1 per year.

Come eat the Greenest Eggs you'll ever see-- The pancakes, hash-browns, ham and drinks are normal but Yikes, those eggs are Green! The South Gym will be filled with:

- Animal balloons and hats
 - Face Painting
 - Book Walk
- U.S.U. and other beginning reader books for sale
 - Entertainment

A great big THANK YOU to the City of Lehi, our sponsors and all of you for your support. If you have any questions, would like to make a donation or volunteer, call us at 407-1025 or drop by the Literacy Center.

Questar Gas Company Seminar February 3, 2009

Are you concerned about energy costs and the future effects on your home or business? A Questar Gas Company representative would love to meet with you to discuss this important topic.

This presentation will provide you with valuable information and helpful tips to save you money during these tight economic times. The Questar representative will answer questions or concerns you may have about rate increases, making energy efficient improvements to your home or business and the future of energy costs.



Questar recognizes the public's concern over energy costs and would like to share the information they have. We will provide insight about how and why costs are going up followed by questions from you.

Meeting place and Time has not been set. Stay tuned for more info in February's Newsletter.

Thanksgiving Point

www.thanksgivingpoint.com



Thanksgiving Points Education Department has a great incentive program for Teen Volunteers. We are looking for teens 13 and up to help in preparing and assisting after school classes and summer day camps. The rewards are great! Anyone interested, contact Connie Packer 4-H program coordinator 369-3676.

Also, Thanksgiving Point offers the following Boy Scout Merit Badge Classes: Environmental Science, Citizenship in the World and Geology. Anyone interested, contact the Dave Francis at 435-760-4109 or contact Thanksgiving Point and ask to get on their

Adult and Youth Volunteer Service Opportunities

Heart 2 Home <http://www.heart2home.org/> It is our goal to incorporate products, services and volunteers in any way possible! If you have a product or service that you would like to donate to our project, or would like to volunteer, please call or email the following individuals! Greg Adamson: 801-722-5202 grega@prudentialutah.com or Tiffany Berg: 801-380-0543 Tiffany@TiffanyBerg.com

Hutchings' Museum has some projects that would work well for Eagle Scout projects. Contact the Museum 768-7180

Lehi Family Week will meet the 4th Thursday of every month. Contact Connie Packer at 766-4029. Volunteers are needed with the BSA in Lehi. Contact Lenny Wing 768-8345.

The Lehi Community Council is looking for volunteers for the following committees...

*Lehi Easter & Christmas Community Events

*Marriage Conference

Contact Rick and Linda Turner 768-1102 for more info.

Meals on Wheels Contact: Liz Merrell at 229-3821 or emerrell@mountainland.org or Erin Dyreng at 229-3803 or edyreng@mountainland.org

Santa Clause would like to THANK all those who helped him this year with his Sub For Santa Program. You helped over 50 families this year in our Lehi community.

Here is a letter from the dad of one of our over 50 families helped out this year. ***"I have a hard time putting down how I feel so here we go. I am so grateful for everything you have done for my family. I was saving up for Christmas and every time I did I would get laid off because everything has slow down.***



So I had to use the Christmas money to get by until the next job came up. So thank you again for thinking of us. We hope you and your family has a very merry Christmas."

Thanks to our many helpers this year.

To submit articles or information for this newsletter contact:

Cindy Lee Muir 801-768-3149

E-mail: cindyleemuir@gmail.com

Visit www.lehicity.com for an online copy of this newsletter.

Please feel free to contribute to this community newsletter.

If there is news-worthy information you would like to add just send me an e-mail with all the information. cindyleemuir@gmail.com

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To stop receiving this newsletter reply to this e-mail with "stop newsletter" in the subject line.